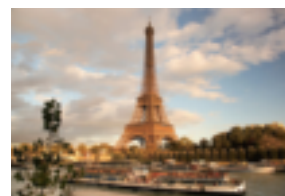




Friendship Heights

VILLAGE NEWS



Viking River Cruise, page 14

DECEMBER 2017 VOLUME 33, NO. 12 www.friendshipheightsmd.gov 301-656-2797

Visit a revolutionary museum

Join an angry mob that pulls down a statue of King George III, wrestle with conflicting ideals of loyalty and independence, or face the enemy on the front lines of battle when we visit Philadelphia's newest museum, the Museum of the American Revolution on **Wednesday, Jan. 17.**

The museum, which opened in April, tells the story of the Revolution using authentic objects such as manuscripts, artwork, weaponry and personal diaries, as well as replicas of important scenes, and digital recreations of historic events. Prior to our tour, you will enjoy lunch on your own in the museum's café.

After lunch, we'll enjoy a guided highlights tour, then you'll have time to explore the museum and its gift shop on your own.

We'll depart from the Village



Center at 9:15 a.m. and should return by 7:15 p.m.

The cost, which includes round-trip transportation, admission and guided tour of the museum, and all taxes and gratuities, is \$80.

Residents and one guest may sign up immediately at the Village Center. Nonresidents may sign up beginning Dec. 15. The deadline to register is Jan. 2. There are 25 spaces available.

A neighborly way to welcome 2018

Celebrate the arrival of a new year when the Friendship Heights Village Council hosts a New Year's Day Open House at the Village Center on **Monday, Jan. 1, from 2 to 3:30 p.m.**

This free event features light fare from Ridgewell's Caterers and music from harpist Kristin Jepperson.

The shuttle bus will run from 1:30 to 4 p.m. only between residential buildings and the Village Center.

Please join us for this annual event that offers a wonderful



opportunity to mingle with neighbors in a relaxed and cordial atmosphere.



Alice McDermott to speak at Center

Award-winning author Alice McDermott will discuss her latest book, "The Ninth Hour," at the Village Center on **Thursday, Dec. 14, at 7:30 p.m.**

"The Ninth Hour," the story of a young widow taken in with her young daughter by the nuns of a Brooklyn convent, is Ms. McDermott's eighth novel. It was selected by The Washington Post as one of the best books of 2017. Three of her previous books were finalists for the Pulitzer Prize. Another novel, "Charming Billy," won the National Book Award for fiction in 1998. The author has won many other awards and in 2013 was inducted into the New York State Writers Hall of Fame. She is also the Richard A. Macksey Professor of the Humanities at Johns Hopkins University.

Please let us know if you plan to come by calling 301-656-2797. Just in time for holiday shopping, copies of "The Ninth Hour" will be available for sale and signing by the author.

Old Town holiday tour, see page 5

Help feed hungry families

The Village Center will continue collecting food items for Manna Food Center until Dec. 15. Manna is the main food bank in Montgomery County and feeds nearly 40,000 individuals every year.

The food most needed include low sugar cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. Last year Village residents donated 458 pounds of canned and boxed food.

A food bank in Wales recently received a contribution of a can of soup that was over 45 years old! PLEASE check expiration dates before bringing donations and do not bring anything in a glass jar. Baked goods and fresh produce cannot be accepted.



County Village Coordinator to speak at the Center

Pazit Aviv, Village Coordinator with the Aging and Disability Services for Montgomery County, will present a talk titled "The Changing Landscape of Our Communities: Are We Ready?" at the Village Center on **Monday, Dec. 11, at 2 p.m.**

Ms. Aviv will review the changing demographic of our community and the challenges and opportunities it is creating. She will then highlight a few promising approaches to adapt to this exciting future.

Refreshments will be served. This program is co-sponsored by the Village of Friendship Heights and the Friendship Heights Neighbors Network.



Friendship Heights

VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the January issue is Dec. 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

FOUNDER

Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Anne Hughes O'Neil
Staff Writer, Layout, Advertising

Jennie Fogarty
Staff Writer

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Melanie Rose White
Mayor

Kathleen G. Cooper
Treasurer

Michael J. Dorsey
Chairman


Carolina Zumaran-Jones
Parliamentarian

John R. Mertens
Vice Chairman

Alexandra Kielty
Historian


Paula J. Durbin
Secretary

VILLAGE MANAGER
Julian P. Mansfield



MORRISON


COSMETIC DENTISTRY



"Dr. Morrison won us over with compassion, communication, patience, and the highest quality dental care."

A **Smile** Above the Rest!


For over 25 years, Dr. Eric Morrison has provided a full spectrum of family, general, and cosmetic dental services.



Lifetime Whitening

only \$99

with commitment to regular visits!



5454 WISCONSIN AVE., NW | SUITE 1505 | CHEVY CHASE, MD 20815

301-637-0719

DrEricMorrison.com

Village Council Update

Update on Page Park improvements

The past three summers were among the hottest on record. Due to the loss of several mature trees in Page Park, seven saplings were planted in April and June and equipped with slow-release water bags. The new willow oak, scarlet oaks, crepe myrtles and beech were selected and placed in consultation with the Village arborist. All are under warranty; two that developed cankers will be replaced this spring. In July, staff and Council members met with a landscape professional to discuss improving



New benches in Page Park on the west side near 4701 Willard Avenue.

grass cover as well as a design for shrubs and perennials along pathways and in the left corner bordered by the conservation area. Three new benches were installed in November.

Future improvements are contingent on installation of an irrigation system. In July, after months of searching, Washington Suburban Sanitation Commission located a water source under North Park Avenue. After much discussion, WSSC recently confirmed that it will route water from the source into the park at no cost to the Village, work that could take six months to schedule and complete. The Village will then require the services of a plumber, estimated to cost more than \$5,000. Staff will solicit bids for the Council to consider at its December meeting.

The bidding process also applies to installation of a sprinkler system, the electrical source required to make it operational and the plantings, which will require careful coordination.

Paula Durbin, Council member

New dockless bikesharing program

Montgomery County and Washington, D.C. have launched pilot programs to provide dockless



Examples of the new dockless bikeshare bicycles

bikesharing services. The system was developed in China but is now becoming popular in the United States.

Customers download an app that tells them where the nearest bike is available, then they scan a code on the bike to unlock the wheels and begin riding. Users can leave the bike basically anywhere, and it is immobilized until the next person picks it up. The County's pilot program is in Silver Spring, but we have already seen bikes in the Village coming from Washington.

The program is touted for expanding transit options for residents and commuters and for its ease of use. Users are told they can leave the bikes anywhere it's legal to park. Our concern, however, is that bikes may be left in undesirable locations, such as blocking a crosswalk or handicap ramp. We are told the vendors that participate in the program can come and pick up bikes that need to be moved, but we don't know how long that would take.

County Mobile Commuter Store update

Last month we announced the arrival of the County Department of Transportation's new mobile commuter store, which replaced the TRiPS store on Wisconsin Circle. The mobile store was expected to come to the Village once a week, but due to scheduling issues it has mostly been at Wisconsin Circle in front of the former store.

The store sells transit passes for Metrorail, Metrobus and Ride On, and you can load value on SmarTrip cards. Check the County's TRiPS commuter website, www.montgomerycountymd.gov/dot-dir/commuter/trips/index.html, or call 240-773-8747 for current schedule and location information. We have been told we will ultimately be a regular site for this service, but we don't know when that will happen.

There were no actions taken at the November 13 Council meeting.

The next Council meeting, open to the public, will be Monday, December 11, at 7:30 p.m.

Café Muse presents...

This month's Café Muse, on **Monday, Dec. 4**, will feature poets Sandra Beasley and Ann A. Philips.

Sandra Beasley is author of three poetry collections: "Count the Waves;" "I Was the Jukebox," winner of the Barnard Women Poets Prize; and "Theories of Falling," winner of the New Issues Poetry Prize. Honors for her work include a 2015 NEA Literature Fellowship, the Center for Book Arts Chapbook Prize, and two DCCA Artist Fellowships. She is also the author of the memoir "Don't Kill the Birthday Girl: Tales from an Allergic Life."

Ms. Philips taught writing and literature at the University of Southern Maine and has worked as a psychotherapist, salmon fisherman, and reptile house guide. Her poetry has appeared in numerous journals, and her first poetry collection, "A Language the Land is Inventing" was published in 2017. A middle-grade novel, "If You Believe in Mermaids, Don't Tell," supports GLBTQ youth.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by the Village of Friendship

Heights and The Word Works, a nonprofit literary organization publishing contemporary poetry in artistic editions and sponsoring programs for over 35 years.

The Village Book Club will meet on

Tuesday, Dec. 19, at 11 a.m. The book selection is "The Association of Small Bombs" by Karan Mahajan. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

Personal Computer Coach

In-home computer training for women

Cheryl Morris

Phone: (240) 994-2921

E-mail: personalcomputercoach@att.net

www.personalcomputercoach.com

Convenient*Flexible*Personalized
Gift Certificates Available



Nancy Mellon *Realty*

WEBSITE: www.nancymellonrealty.com

WHERE? EVERYWHERE.

Sales & Purchases & Rental Management
Condominium, Home and Townhouse

BETHESDA CHEVY CHASE ROCKVILLE POTOMAC KENSINGTON
SILVER SPRING GAITHERSBURG MARYLAND WASHINGTON, DC

301-951-0668

4500 N Park Ave., Suite 804N



BUY / SELL / RENT

Your Neighborhood Real Estate Specialists

ON THE GO...

Discover the magic of Old Town during the holidays

The holiday season in Old Town Alexandria is magical with historic streets brightly decorated. We'll get a glimpse of the holiday glitz when we visit Old Town on **Thursday, Dec. 14.**

Our holiday-inspired tour begins at Market Square and continues to the historic Stabler- Leadbeater Apothecary, the second oldest apothecary in the country. Next we'll take a driving tour past some of Old Town's most beautiful homes as they compete for the coveted holiday decorations honors.

Our next stop is Christ Church, one of the nation's oldest churches. We'll top off our visit to Old Town with lunch at the historic Gadsby's Tavern. Our menu includes a tavern salad, choice of roast beef, chicken fontina, Chesapeake crab cake or butternut squash and goat cheese ravioli for an entree, dessert, and soft drink, coffee or tea.

The price is \$79 and includes round-trip



transportation, admission to the apothecary, lunch, guide services and all taxes and gratuities.

We'll depart from the Center at 9:15 a.m., and should return by 3 p.m. Sign-ups begin immediately at the Village Center. The deadline is Dec. 6.

GetWell Rehabilitation, LLC

orthopedic | neurological | aquatic

Physical Therapy Office & Ideal Protein Weight Loss Clinic

Friendship Heights Village at the Elizabeth Arcade

- **ONLY PRIVATE 1:1 SESSIONS** with licensed PT
- **Ideal Protein Certified Weight Loss Clinic** with 1:1 coaching
- Expert manual therapy: myofascial release, cranial sacral therapy, dry needling, PT massage
- Orthopedic injuries, neurological disorders, chronic disease
- Focus on hands-on care

Friendship Heights
4601 N Park Ave., #10C
Chevy Chase, MD 20815

Free Garage Parking Elizabeth Arcade



phone **301-654-9355** | info@getwell-rehab.com
www.getwell-rehab.com  find us on facebook

Beautiful Smiles for a Lifetime...



Restorative and Cosmetic Dentistry

Crowns | Bridges | Dentures | Partial Dentures |
Implant Restoration | Fillings | Sleep Apnea |
Bruxism | Nightguards | Preventive Care

Bethesda Chevy Chase Advanced Dentistry

George Gotsiridze DMD
5454 Wisconsin Avenue, Suite 1350
Chevy Chase, MD 20815

(301)652-1545

www.bethesdachevychasedentistry.com

PLAYING on the BIG SCREEN

All movies begin at 7 p.m.



Thursday, Dec. 7, 7 p.m. — “The Glass Castle”— Based on the best-selling memoir by Jeanette Walls, “The Glass Castle” is the coming-of-age story of a young girl raised in a chaotic, ever-changing home by her imaginative but alcoholic father and artistic but often depressed mother. Stars Brie Larson, Woody Harrelson and Naomi Watts. Rated PG-13. Running Time: 127 minutes.

Thursday, Dec. 14, 7:30 p.m. — Book signing with Alice McDermott, see page 1 for details.

Thursday, Dec. 21, 7 p.m. — “Dunkirk”— It is World War II, and the Allied forces are under attack by Germany. The setting is Dunkirk, France, and

their only hope for survival is evacuation. Along the way, the beauty and resilience of the human spirit is tested. Allied forces have been outmanuevered and outnumbered but somehow with strategy and a little luck, one chance emerges. Stars Fionn Whitehead, Tom Glynn-Carly and Kenneth Branagh. Rated PG-13. Running Time: 107 minutes.

Thursday, Dec. 28, 7 p.m. — “Cars 3”— After years at the top of the racing game, Lightning McQueen is determined to show the younger, faster cars like rookie Jackson Storm that he still belongs on the track. After he is pushed off the scene by faster cars, Lightning teams up with a clever young race technician. Using inspiration from the legendary Hudson Hornet, Lightning works harder than ever to prove he still has what it takes! Stars the voices of Owen Wilson, Cristela Alonzo, and Larry the Cable Guy. Rated G. Running Time: 109 minutes.



SENIORS ARE PROUD TO Call Us Home

At Brighton Gardens of Friendship Heights, you can always expect:

- Exceptional, relationship-based care
- Dedicated Designated Care Managers for each resident
- Beautifully appointed living spaces and delicious home-cooked meals
- Vibrant social activities designed to engage mind, body and spirit
- Safe, secure and comfortable neighborhoods for seniors experiencing memory loss
- Peace of mind in knowing that we can meet your changing needs

Call today to
schedule a
complimentary
lunch and tour:
301-656-1900

Brighton Gardens of Friendship Heights

5555 Friendship Boulevard

Chevy Chase, MD 20815

301-656-1900

BGFriendshipHeights.com





ART and CULTURE

Paintings by Lily Spandorf on exhibit in Friendship Gallery

Austrian-born artist Lily Spandorf arrived in Washington, D.C., in 1960 and was captivated with the city. Within a few months she was in Georgetown Hospital with a broken wrist—at the same time that John F. Kennedy, Jr. was born. The baby was to be baptized in a private ceremony in the hospital chapel with no photographers allowed. Lily grabbed her pen, paper and inks and sketched the flowers and font before the family arrived. She then called the Washington Star to offer them her sketches and a long relationship between the artist and the newspaper began. In 1963, she designed the second U.S. Christmas postage stamp. President Johnson commissioned her to paint scenes of the city, which became official Presidential gifts to visiting dignitaries. Before her death in 2000, Lily could be seen on street corners all around the city painting scenes of Washington.

The exhibit runs through Jan. 6. All are invited to a reception on **Sunday, Dec. 10, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



“John F. Kennedy’s House in Georgetown” — by Lily Spandorf

Another Successful Crafts Fair at the Center



Village resident Robert Pestronk displays his hand-blown glass at our annual artisan fair in Nov. Photo by Carolina Zumaran-Jones.

The Tech Mensch

Ari Fisher



HOME TECH SUPPORT

Mac • PC • iPhone • Printers • Tutoring

(202) 262-5378

ari@thetechmensch.com



Support for Mac
and PC systems



iPhone and
tablet help



Computer help
for all ages



Photo
management

Contact Ari to schedule an appointment

www.thetechmensch.com (202) 262-5378



Friendship Heights
Village Center



Calendar
of Events

2017

D E C E M B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

What’s New on the Village website?

Have you checked out the Village website recently? Click on “What’s New?” and scroll down to a new category titled “Village Center Program Updates.” Currently you’ll find slides from a PowerPoint presentation by Sheldon Hochberg in October on Artificial Intelligence and a delightful interview with Center instructor Joan Samworth.

3 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	4 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7 p.m.: Café Muse	5 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	6 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes 5:30 p.m.: Community Advisory Committee Mtg. 7:30 p.m.: Concert: Jody Marshall and Ellen James	7 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: The Glass Castle	8 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	9 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography
10 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	11 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 2 p.m.: Pazit Aviv: “The Changing Landscape of Our Communities: Are We Ready?” 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING	12 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea Happy Hanukkah!	13 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: Suburban Lecture: “Healthy Habits for a Healthier You” 7:30 p.m.: Concert: 42nd Street Singers	14 8:15 a.m.: Walking Club 9:15 a.m.: Depart for Alexandria 11 a.m.: Vision Support 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7:30 p.m.: Book Signing with Alice McDermott	15 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	16 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
17 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	18 9:30 a.m.: Tai Chi Intro. 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training	19 8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea	20 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 7:30 p.m.: Concert: Friday Morning Music Club	21 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Dunkirk	22 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	23 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
24 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	25 Center Closed Merry Christmas No shuttle bus service	26 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea	27 10:15 a.m.: Yiddish 12 p.m.: Chess Group 7:30 p.m.: Concert: Eunbi Kim	28 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 7 p.m.: Movie: Cars 3	29 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	30 8:15 a.m.: Walking Club

31
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

Imagining yourself at 120

Explore the concept of designing the second half of one’s life at the Village Center on **Wednesday, Jan. 24, at 2 p.m.** The program is based on a new book, “I’ve Decided to Live 120 Years,” by Ilchi Lee, educator and founder of the worldwide Body & Brain holistic health practice. It will be led by senior Body & Brain instructor and Town of Somerset neighbor, Joanne Steller. The author clearly states that there are no magic pills for long life. He writes that his unwavering decision to live 120 years makes such a life span a possibility and inspires choices for healthfulness, life purpose, and creating new sources of happiness. The workshop intends to help you see ways to begin or refine your own “second half” design. Ms. Steller will share key concepts and interactive exercises from the book that focus on the word “decided” in the book’s title.

Please let us know you plan to come by calling 301-656-2797.



CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

ABSTRACT PAINTING

A 10-week course taught by Joan Samworth, Fridays, 1 to 4 p.m., Dec. 15 – Feb. 23. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Joan at 301-346-7238 to discuss. Maximum number is 10. The cost is \$200 for residents; \$215 for nonresidents. Class will not meet Dec. 29.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Jan. 10 – Feb. 14. Ms. Winter, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays from 10:30 a.m. to 1:30 p.m., Jan. 20 – March 10, \$120. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out

in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>.

BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays from 9:30 to 10:30 a.m., Jan. 6 – Feb. 24, \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Students must have a digital camera and a flash drive. Class will not meet Jan. 13 nor Feb. 17.

STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. – 2:30 p.m., Dec. 7 – Feb. 15. \$200 for residents; \$215 for nonresidents. Maximum number is 14. Participants will provide their own subject matter. Please bring a sketchbook for mixed media (paper over 90 lbs.). The sketchbook will be an integral part of the class. Class will not meet Dec. 28.

EXERCISE

BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Jan. 9 – Feb. 13. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents.

Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Jan. 5 – Feb. 9. Exercises are designed to target balance issues and physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., Jan. 10 – Feb. 14. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, and improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI (Introduction)

A 6-week class, Mondays, 9:30 to 10:30 a.m., Dec. 4 – Jan. 22. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for more information. Class will not meet Dec. 25 nor Jan. 1.

DC TAI CHI (Ongoing)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., Dec. 13 – Jan. 31. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and

enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for more information. Class will not meet Dec. 27 nor Jan. 3.

MAT PILATES

A 6-week session, Tuesdays from 6:30 to 7:30 p.m., Jan. 2 – Feb. 6. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates / yoga mat and bath towel.

SEATED YOGA AND MEDITATION

NEW!

A 6-week session, Thursdays from 10 to 11:15 a.m., Jan. 4 – Feb. 8. Students are seated in chairs or use chairs for support. The class includes stretching, gentle breathing, and guided meditation proven beneficial to the immune system. Instructor Louisa Klein brings more than 40 years teaching experience. She is a member of the International Yoga Teachers Association (IYTA) and former Vice President of IYTA USA. \$70 for residents; \$75 for nonresidents.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Jan. 8 – Feb. 26. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and strength. \$70 for residents; \$75 for nonresidents. Class will not meet Jan. 15 nor Feb. 19.

YOGA

A 10-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of

TV's Cherryblossom Yoga. Sundays from 9:10 to 10:30 a.m., Jan. 21 – April 8. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don't eat for 2 hours before class. \$140 for residents; \$150 for nonresidents. Class will not meet Feb. 18 and April 1.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m., and is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays from 10:30 a.m. to noon. Led by group members.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language

pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies, assorted pastries, and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium of the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caretaker or family member over age 13.

VISION SUPPORT GROUP

Meets one Thursday a month at 10:30 a.m. for coffee and bagels. Contact Janet Morrison, group facilitator, at 301-538-9358 for more information. See pg. 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

CONCERTS

Concerts are held every Wednesday from 7:30 to 8:30 p.m. in Huntley Hall in the Village Center.

Wednesday, Dec. 6 — Jody Marshall and Ellen James — Hammered dulcimer artist Jody Marshall and harpist Ellen James have been performing separately as soloists and together as a duo for several years. Much of their music is Celtic, and many of the songs have been written and/or arranged by Marshall. The music celebrates both the winter season and the holiday season. Included will probably be Marshall's "Sleigh Ride" which represents her aspiration to someday ride through snowy woods in a real horse-drawn sleigh. Other pieces include familiar melodies, some less well known based on folk tales from various countries, along with some of your favorite carols.

Wednesday, Dec. 13 — The 42nd Street Singers — The 42nd Street Singers are a group of carolers singing familiar Christmas music in traditional

costumes. The singers, all professional performers, spend the rest of the year with groups such as the Washington Opera, local theater and choral groups and in solo recitals.

Wednesday, Dec. 20—Friday Morning Music Club — Talented teens and young adults from the esteemed Friday Morning Music Club present a program of classical and modern pieces.

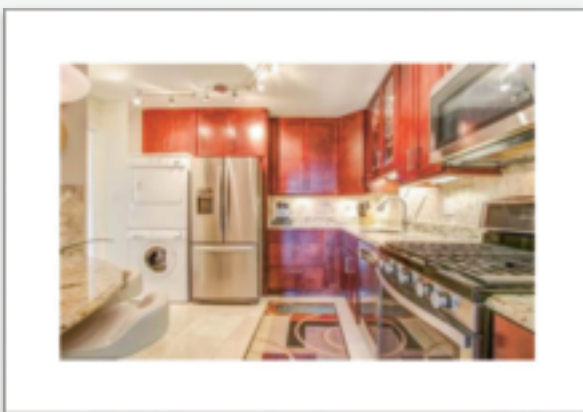
Wednesday, Dec. 27 — Eunbi Kim— New York-based pianist Eunbi Kim grew up in Montgomery County and performs internationally. She has been featured and profiled on Japanese television and regularly performs solo and chamber programs in venues such as the 92nd Street Y in New York and the Women in the Arts Museum in Washington.

Friendship Heights . . .

Selling a Lifestyle You Can Invest In . . .

FOR SALE

4620 North Park Ave ~ 1002E



DIRECT: 301-455-9608
ZORICA@ZTOMIC.COM



Your Local Expert For Friendship Heights



TO YOUR HEALTH

Vision Support Group Lunch and Learn: Traveling smart

Are you planning to travel during the holiday season or sometime in 2018? Preparing for a trip is exciting, but if you have vision challenges, even a short flight or a bus ride can feel overwhelming. Don't miss this opportunity to learn tips to alleviate your concerns at this month's Vision Support Lunch at the Center on **Thursday, Dec. 14, from 11 a.m. to 12:30 p.m.** (note time change for this special holiday meeting).

Lind Stevens, OTMS Certified Low Vision Therapist, will lead a lively discussion about meeting the challenges of getting through

security, finding your way to the correct airport gate, boarding a train, managing money, credit cards and making sure all of your belongings arrive safely. And to celebrate the holiday season a complimentary light lunch will be served.

The Vision Support Group is facilitated by low vision advocate Janet Morrison, a Village resident who has influenced the growth of vision rehabilitation information and services throughout the metropolitan area. You don't have to have poor sight to participate, but you do need to register to reserve a lunch by calling 301-656-2797.

Healthy habits for a healthier you!

Learn about lifestyle habits that can maintain or even potentially improve one's health at this month's Suburban health lecture at the Village Center on **Wednesday, Dec. 13, at 1 p.m.** These habits may also help to keep our brains healthy and possibly delay the onset of cognitive decline. Brought to you by the Alzheimer's Association, this workshop covers four areas that are associated with healthy aging: cognitive activity, exercise, nutrition and social engagement.

Please call 301-656-2797 to let us know if you plan to attend.

Our Listings in the Friendship Heights Community

FOR SALE

5600 Wisconsin Ave. #1603
\$2,775,000: 2 BR + Den, 2.5 BA, Renovated, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #603
\$2,249,000: 2 BR + Den, 2.5 BA, Views, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #906
\$1,649,000: 2 BR + Den, 2.5 BA, Renovated, Balcony; 2,278 SqFt

5600 Wisconsin Ave. #PH-18C
\$1,425,000: 2 BR, 2.5 BA, Balcony; 2,118 SqFt

5610 Wisconsin Ave. #1003
\$2,650,000: 2 BR + Den, 2.5 BA, Renovated, Balcony; 3,021 SqFt

5610 Wisconsin Ave. #1102
\$2,399,000: 2 BR, 2.5 BA, Renovated, Balcony, Sensational Vista Views; 3,021 SqFt

5610 Wisconsin Ave. #607
\$2,299,000: 2 BR + Den, 2.5 BA, Updated, 2 Balconies; 2,856 SqFt

5610 Wisconsin Ave. #1503
\$2,125,000: 3 BR, 2.5 BA, 2 Balconies; 3,021 SqFt

4301 Military Road NW #202
\$1,395,000: 2 BR + Den, 2.5 BA, Corner unit; 1,906 SqFt

FOR RENT

5610 Wisconsin Ave. #1206
\$6,300/month: 2 BR + Den, 2.5 BA, Balcony; 2,776 SqFt

5610 Wisconsin Ave. #505
\$4,700/month: 2 BR, 2.5 BA, Balcony; 1,450 SqFt

5610 Wisconsin Ave. #505
\$4,700/month: 2 BR, 2.5 BA, Balcony; 1,450 SqFt

5630 Wisconsin Ave. #203
\$5,000/month: 1 BR, 2 BA, 2 Balconies; 1,657 SqFt



HELLER COLEY REED
OF LONG & FOSTER REAL ESTATE

New condo listings
coming soon.

Call today for details!

LONG & FOSTER
REAL ESTATE



CHRISTIE'S
INTERNATIONAL REAL ESTATE



Zelda Heller, Jamie Coley & Leigh Reed
of Long & Foster Real Estate
Exclusive Affiliate of Christie's International

240.800.5155 Main Office
202.669.1331 Cell
hellercoleyreed@gmail.com
hellercoleyreed.com



Last chance to join us on a summertime trip to Paris and Normandy aboard a Viking River cruise

Experience the beauty of the City of Lights and the history of Normandy as we travel to France July 24 to Aug. 1, 2018.

The trip includes two days in Paris, then we cruise down the beautiful Seine to explore Giverny, Rouen, the hallowed ground of the American Military Cemetery, the World War II beaches of Normandy, and Les Andelys.

This spectacular trip includes an eight-day cruise with river-view state room, seven guided tours with audio headset, seven breakfasts, five lunches, seven dinners featuring regional specialties, complimentary wine, beer and soft drinks with onboard dinner and lunch, all port charges and free Wi-Fi. The trip also includes round-trip transportation to Dulles International Airport if a minimum of 18 is met. In the event the minimum is not met, we will not travel as a group, will not provide a Village escort, and the cost of airport transfer to and from Dulles will be refunded.



A passport is required.

The cost starts at \$3,946 per person, based on double occupancy. The single supplement starts at \$3,048. Please reserve your cabin as soon as possible to lock in rates. Viking River Cruises reserves the right to increase airfare costs after the first of each month. Once deposited, rates are locked in and will not be changed.

Payment is due Dec. 27, 2017.

To make registration easier, participants will sign up directly with Grand American Tours. Please come to the Village Center to add your name to our list and receive registration forms and information. We will be happy to help you with any part of the booking.

Travel insurance is highly recommended, as U.S. insurance policies are not recognized abroad. Grand American Tours can provide insurance information.

For more information, please call the Village Center at 301-656-2797.



A *Washingtonian Magazine* Top Dentist, Dr Marko, as her patients call her is fulfilling her dream of providing her hometown with high quality comprehensive dental care. She has combined the art and science of dentistry with a caring, dedicated team that shares her vision of delivering extraordinary dentistry in a friendly, fun and professional environment.

Having the ability to perform all aspects of general dentistry and surrounding herself with a great team of specialists, assures Dr Marko's patients that their dental needs, ranging from cosmetic and therapeutic botox to routine cleanings, fillings, teeth whitening, crowns, advanced implant therapy, cosmetic make-overs, oral surgical, orthodontic and endodontic treatment, will be performed and managed at the highest levels attainable.

Dr Marko and her team look forward to welcoming you into their dental family!

Despina M. Markogiannakis, D.D.S.
Family, Cosmetic and Implant Dentistry
5454 Wisconsin Avenue, Suite 835
Chevy Chase, MD 20815
www.SmilesOfChevyChase.com
301-652-0656



• •
• •

The Carleton #510



\$1,399,000
2 BD 2.5 BA
2,403 SF

The Elizabeth #1205



\$235,000
1 BD 1 BA
708 SF

• • •
• • •
• • •

Coming Soon at The Carleton



\$899,000
2 BD + Den 2 BA
1,540 SF



Sam Solovey
Vice President, Compass
Realtor® DC/MD/VA
301.404.3280
sams@compass.com

Compass is a licensed real estate brokerage that abides by Equal Housing Opportunity laws. Information is compiled from sources deemed reliable but is not guaranteed. All measurements and square footages are approximate. This is not intended to solicit property already listed. Compass is licensed as Compass Real Estate in DC and as Compass in Virginia and Maryland. 5471 Wisconsin Avenue, Suite 300, Chevy Chase, MD 20815 | 301.298.1001



PC .HLP

Pronounced PC HELP

For Home and Small Office Users

Supporting the Windows® Operating System

In business since 1990

Friendship Heights Resident

References available

Hourly Rates

HENRY S. WINOKUR

301-320-2104

pc.hlp@verizon.net

YES! We make house calls.

Dr. Michael Gittleston
Podatrist
The Barlow Building

5454 Wisconsin Ave. Suite 1250
Chevy Chase, MD 20815
301-986-4900

Medicine/Foot Surgery Early Morning Hours

Chevy Chase
Florist



We specialize in:
Ecuadorian roses,
Dutch flowers,
and locally-
grown flowers.

Chevy Chase Florist
5415 Friendship Boulevard
Chevy Chase, MD 20815

301-986-0986

www.chevychaseflorist.com



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Like us on Facebook:

www.facebook.com/VillageOfFriendshipHeights

Visit our website:

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

Phone: 301-656-2797

December 2017 events calendar